

Nevada State Health Division,
Bureau of Child, Family and Community Wellness

Nevada Diabetes Prevention & Control Program

Save The Date

Nevada Diabetes Council General Meeting

February 24, 2010

9:30 AM

Video-conference

Las Vegas

Carson City



Agenda includes

Executive Board
elections

State Plan

See Agenda

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"Americans will be more likely to change their behavior if they have a meaningful reward--something more than just reaching a certain weight or dress size. The real reward is invigorating, energizing, joyous health. It is a level of health that allows people to embrace each day and live their lives to the fullest without disease or disability."- VADM Regina M. Benjamin, M.D., M.B.A., Surgeon General

The Surgeon General's Vision for a Healthy and Fit Nation

First Lady Michelle Obama, HHS Secretary Kathleen Sebelius, and Surgeon General Regina Benjamin announced plans January 28th to help Americans lead healthier lives through better nutrition, regular physical activity, and improving communities to support healthy choices.

Today's epidemic of overweight and obesity threatens the historic progress we have made in increasing American's quality and years of healthy life. The hard facts:

- Two-thirds of adults and nearly one in three children are overweight or obese.
- 70% of American Indian/

Alaskan Native adults are overweight or obese.

- The prevalence of obesity in the U.S. more than doubled (from 15% to 34%) among adults and more than tripled (from 5% to 17%) among children and adolescents from 1980 to 2008.
- An obese teenager has over a 70% greater risk

of becoming an obese adult. Obesity is more common among non-Hispanic black teenagers (29%) than Hispanic teenagers (17.5%) or non-Hispanic white teenagers (14.5%). To stop the obesity epidemic in this country, we must remember that Americans will be more likely to change their behavior if they have a meaningful reward- something more



than just reaching a certain weight or dress size. The real reward has to be something that people can feel and enjoy and celebrate. That reward is invigorating, energizing, joyous health. It is a level of health that allows people to embrace each day

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The Utah Diabetes Telehealth Series

The Utah Diabetes Telehealth Series is a monthly continuing education program for professionals with interest in the field of diabetes and related conditions. The program is free of charge, always held on the 3rd Wednesday from 12-1pm MST, and participation is available by video conference, webstreaming, or telephone (as a live, distance learning format).

This month's topic is: **Heart Failure** presented by Kismet Rasmusson, FNP-BC, FAHA 11:00 - 12:00 p.m. (Pacific)

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Eat more fruits, vegetables, whole grains, and lean proteins.

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and live their lives to the fullest – without disease, disability, or lost productivity. To be a nation that is Healthy and Fit.

Key actions outlined in *The Surgeon General's Vision for a Healthy and Fit Nation* include:

Individual Healthy Choices and Healthy Home Environments

Change starts with the individual choices Americans make each day for themselves, their families and those around them. To help achieve and maintain a healthy lifestyle, Americans of all ages should: reduce consumption of sodas and juices with added sugars; eat more fruits, vegetables, whole grains, and lean proteins; drink more water and choose low-fat or non-fat dairy products; limit television time to no more than 2 hours per day; and be more physically active.

Creating Healthy Child Care Settings

It is estimated that over 12 million children ages 0–6 years receive some form of child care on a regular basis from someone other than their parents. Child care programs should identify and implement approaches that reflect expert recommendations on physical activity, screen time limitations, good nutrition, and healthy sleep practices. Parents should talk with their child care providers about changes to promote their children's health.

Creating Healthy Schools

Each school day provides multiple opportunities for students to learn about health and practice healthy behaviors such as regular physical activity and good nutrition. To help students develop life-long healthy habits, schools should provide appealing healthy food options including fresh fruits and vegetables, whole grains, water and low-fat or non-fat beverages. School systems should also require daily physical education for students allowing 150 minutes per week for elementary schools and 225 minutes per week for secondary schools.

Creating Healthy Work Sites

The majority of the 140 million men and women who are employed in the United States spend a significant amount of time each week at their work site. Because obesity reduces worker productivity and increases health care costs, employers are becoming more aware of the need to help promote health within the workplace. Employers can implement wellness programs that promote healthy eating in cafeterias, encourage physical activity through group classes and stairwell programs and create incentives for employees to participate.

Mobilizing the Medical Community

Doctors and other health care providers are often the most trusted source of health information and are powerful role models for

healthy lifestyle habits. Medical care providers must make it a priority to teach their patients about the importance of good health. When discussing patients' Body Mass Index (BMI), providers should explain the connection between BMI and increased risk for disease and, when appropriate, refer patients to resources that will help them meet their physical, nutritional, and psychological needs.

Improving Our Communities

Americans need to live and work in environments that help them practice healthy behaviors. Neighborhoods and communities should become actively involved in creating healthier environments. Communities should consider the geographic



availability of their supermarkets, improving residents' access to outdoor recreational facilities, limiting advertisements of less healthy foods and beverages, building and enhancing infrastructures to support more walking and bicycling, and improving the safety of neighborhoods to facilitate outdoor physical activity.

To view The Surgeon General's Vision for a Healthy and Fit Nation, visit www.surgeongeneral.gov



Change

starts with the

individual choices

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NEVADA DIABETES COUNCIL

MEETING LOCATIONS

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Videoconference:

Nevada State Health Division
Bureau of Child, Family & Community Wellness
4150 Technology Way, Ste 204
Carson City, NV 89706
775-684-4285

HealthInsight
6830 Oquendo Road, Suite
102
Community Room
Las Vegas, NV 89118
702-385-9933

Teleconference:

Toll Free Dial Number 1-
877-336-1828
Conference Code
7700419

AGENDA

1. **Welcome and Introductions**
Chris Moore, Chairperson, Adult Diabetes Education and Management Support Group
2. **Approval of December 3, 2009 Minutes**
-Chris Moore, Chairperson
3. **Executive Committee Report**
-Chris Moore, Chairperson, Adult Diabetes Education and Management Support Group
4. **Election of Officers**
Chris Moore, Chairperson
5. **Diabetes Prevention and Control Report**
Marjorie Franzen-Weiss, Diabetes Prevention and Control Program Manager
 - Recognition of Outgoing Board Members
6. **Interim Session Discussion**
Chairperson
7. **Member Spotlight**
Dr. Jerry Reeves, "iDo" Southern Nevada Diabetes and Obesity Committee
8. **State Plan Update**
Chairperson
9. **Discussion on the Role of Subgrantees to the Nevada Diabetes Council**
-Chairperson
10. **Discussion and Recommendations for next meeting date and agenda items**
Chairperson
11. **Public comment and discussion**

2010-2011 Executive Board Nominees:

Chairperson

Jerry Reeves, MD, is Chief Medical Officer of Hotel Employees and Restaurant Employees International Union (H.E.R.E.I.U.) Welfare Fund headquartered in Aurora Illinois, offering multi-employer health insurance coverage for 90,000 eligible employees and their family members. And he is Principal of Health Innovations LLC, offering health benefits, wellness, and health management consulting services for health plan sponsors and coalitions. He is Chairman of the Board of Trustees of Health Insight, the Quality Improvement Organization for Nevada. And he is Medical Director of the Nevada Business Coalition for Health Improvement and Nevada's inaugural "PreferredCare" Patient Centered Medical Home Program. He chairs the "iDo" Southern Nevada Diabetes and Obesity Committee, a community health improvement program championing improved outcomes for Southern Nevadans with diabetes or obesity. He also chairs the Minimally Invasive Procedures Study Group, a multidisciplinary group of health professionals evaluating credentialing standards and outcome measures of complex laparoscopic procedures for American Institute of Minimally Invasive Surgery.



Dr. Reeves previously served as Chairman of WorldDoc Inc., Chief Medical Officer of Humana Inc. and Sierra Health Services Inc., and as Chief of Clinical Medicine at USAF Headquarters in Europe. He served two terms on the Board of Health of the state of Nevada. He is board certified in Pediatrics, Pediatric Hematology-Oncology, and in Medical Management. He has authored more than 50 publications, been an editor for three professional

2010-2011 Executive Board Nominees—continued



journals, and served on the faculty of three medical schools.

Vice Chairperson

Erin Dixon, MS, is the Program Coordinator for the Chronic Disease Prevention Program at the Washoe County Health District. Erin earned her master's degree from Carlow University in Pittsburgh Pennsylvania and has worked in public health for nearly 15 years. She has been with the Health District for 7 years and works on issues relating to the modifiable risk factors of physical activity, nutrition, and tobacco. Erin facilitates the Washoe County Chronic Disease Coalition and has a special interest in increasing coordination of state-wide and local prevention efforts.

Secretary

Julie Plasencia, MS, RD

was raised in Jalisco, Mexico and Laredo, Texas. She is a registered dietitian working for University of Nevada Cooperative Extension (UNCE) as an Area Extension Specialist. At UNCE, Julie develops, reviews and teaches community education programs in the area of diabetes prevention and nutrition. In the past she has worked in out-patient and in-patient diabetes education and clinical nutrition. Her area of interest in research and practice are diabetes and chronic disease prevention, diabetes educa-



tion and reducing health disparities in the United States through nutrition education, with special interest in His-

panic/Latino population. Julie currently serves as Chair-elect of Latinos and Hispanics in Dietetics and Nutrition, Member Interest Group of the American Dietetic Association (LAHIDAN), and has previously served as newsletter editor and treasurer for LAHIDAN.

Diabetes and Dental Health

There are many dental health problems associated with diabetes. The most common of these include cavities, gum disease, salivary glands not working properly, fungal infections, infection and delayed healing, and changes in how things taste.

The bacteria (germs) found in the mouth form a sticky film called *plaque*. After eating a meal or snack or drinking a beverage containing sugars or starches, the bacteria release acids made from dietary sugars that attack and break down tooth enamel. Repeated attacks from these acids may eventually result in cavities.

When diabetes is not controlled properly, high glucose levels in saliva (spit) may help bacteria thrive. Brushing twice a day with fluoride toothpaste and cleaning once a day between your teeth with floss or an interdental cleaner helps remove cavity-causing plaque.



Plaque that is not removed daily can harden into calculus (tartar). When tartar collects above the gumline, it becomes more difficult to thoroughly brush and clean between teeth. This can create conditions that lead to chronic inflammation and infection in the mouth called gingivitis and periodontal (gum) disease.

Diabetes reduces the body's ability to fight infection which causes longer healing time. This results in periodontal (gum) diseases appearing to be more frequent and more severe among persons with diabetes. Good maintenance of blood sugar levels, a well balanced diet, good dental care at home, and regular dental check-ups are important in controlling the progression of periodontal diseases and other oral health problems.

http://www.ada.org/public/topics/diabetes_faq.asp

The Utah Diabetes Telehealth Series (cont)



Kismet Rasmusson practices as a Nurse Practitioner with the Heart Failure Prevention and Treatment Program at Intermountain Medical Center in Salt Lake City, Utah. She is an adjunct faculty

member and nurse practitioner student preceptor at the University of Utah, College of Nursing. Ms. Rasmusson is the 2004 recipient of the American Academy of Nurse Practitioners State of Excellence Award for Utah, and in 2002 received a Nursing Research Award by the Heart Failure Society of America. In 2007 she was inducted as a Fellow of the American Heart Association. Ms. Rasmusson has published and presented many heart failure abstracts and articles, both nationally and internationally.

REGISTRATION: Please designate one site coordinator to register your office/organization by February 16 for either video conference, webstream or telephone participation. For those who submitted a request to be a "standing registration" from now on, you do not need to submit a registration form.

To register. . . . log on to the Online Registration link below (preferred method) or fax/email the attached registration form to 801-538-9495 or bpatino@utah.gov. The designated site coordinator will then receive the program materials by email (usually the day before the program) for distribution to colleagues. The webstreaming participation method is now on the online registration form.

Online Registration: Available at <http://health.utah.gov/diabetes/telehealth/telehealth.htm> (in place of the hard copy form). Handouts and

forms will also be available on this site as soon as possible.

Webstreaming Participation: If you would like to participate with live webstreaming on your personal computer, go to the website or call. We ask that you register prior to the program.

CE Credits: 1.5 hours for Nurses; 1 hour for Dietitians; and 1 hour for all others.

As a reference, this is the telephone call-in number that is used for every diabetes telehealth program:

Call-in Number - Step 1: dial 1-866-633-3380. Step 2: Enter the conference room number *3951404* (star key must be pressed before & after this room number). Step 3: Wait to be added to the program (there may be silence or people conversing).

Bare Your Soles



The Southern Nevada Diabetes FootCare Network, organized by the non-profit Lower Extremity Amputation Prevention (LEAP) Alliance, is launching a program to provide comprehensive preventive foot examinations and risk assessment to diabetic patients in primary care medical practices. Early detection and referral for prompt treatment of potentially hazardous foot problems by a network provider can save limbs. For information, contact Lawrence M. Rubin, DPM, Director, LEAP Alliance, Phone 702/233-5253, or email lrubindoc@aol.com or visit the website at www.leapalliance.org

